

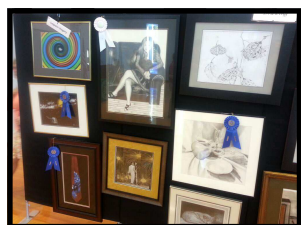


# The Acorn

*"A great oak is a little nut that held its ground."*

## Art & Craft Contest

**Friday, August 18 from 9 am – 12 pm**



Winners of this competition will compete in October at the **Baby Boomer / Senior Expo Art/Craft Contest**. Entries wanted! Stop by the front desk for an entry form which includes entry rules. Voters are needed the day of the contest so be sure to stop by at the Friday Café and vote for your favorite art pieces! Categories include: *Drawing, Jewelry, Painting, Ceramics, Stained Glass, Photography, & Carving/Sculpture*. We will also have our own needlecraft category (sewing, quilting, knitting, crocheting) which is not included at Expo.

## Indoor Flea Market

**Saturday, September 23 from 8 am - Noon**

Tables for sale in the main room for \$15 or rent a space in one of the classrooms for \$10. **Tables/spaces go on sale, Friday, August 18.** We are collecting new or gently used items for our White Elephant Table. Due to space constraints and quality control, we will not be able to accept donations of clothes, purses, shoes, appliances, fabrics/bedding, or books. We are especially interested in holiday decorations, home décor, jewelry, collectables, sports memorabilia, picture frames, antiques, etc. All proceeds will benefit the center. Please drop your items off in the director's office through Sept. 15.

## Fall Harvest & Diamond Legend Review Show

**Friday, September 15 at 12:45 pm**

Hosts and tribute artists Allan James & Eileen Chaffee will entertain you with your favorite Neil Diamond and Patsy, Barbara & Liza songs. Lunch will be served at 12:45 pm. On the menu: beef stew, biscuit, and apple pie with ice cream, beer & wine. **Tickets are \$12 and go on sale Monday, August 14.**



### Seven Oaks Senior Center

9210 Seven Courts Drive

Baltimore, MD 21236

Phone: 410-887-5192

Fax: 410-887-5140

Travel Office: 443-608-0613

Email:

[sevenoakssc@baltimorecountymd.gov](mailto:sevenoakssc@baltimorecountymd.gov)

[www.SevenOaksSeniors.org](http://www.SevenOaksSeniors.org)

Hours Of Operation  
Monday – Friday  
8:30 a.m. to 4 p.m.

Look inside!



**Join the Conversation! #REIMAGINEAGING2017**



# Special Events For August



## Grace & Frankie

**Tuesday, August 1**

**1:00 pm**

Join us for some binge watching of the hilarious Netflix comedy Grace & Frankie! Season 1, episodes 1-3. Sign up in advance.

## Adventure Club: Jerusalem Mills

**Sunday, August 6**

**6-8 pm**

Join us at Jerusalem Mills in Kingsville for a summer concert in the Meadows with The Great Train Robbery. Tickets are \$5 payable the day of the event. Bring your own chairs and you may carpool from Weis at 5:00 pm. Sign up in advance.

## Ted Talk: Why We Do What We Do

**Monday, August 7**

**1:30 pm**

Tony Robbins discusses the "invisible forces" that motivate everyone's actions. He makes it his business to know why we do the things we do. Join Jim Lighter as he facilitates a lively discussion after the video. Sign up in advance.

## Smart Phone & Tablet Help

**Monday, August 7, 14, 21**

Schedule your one-on-one appointment with David Yoon in advance at the front desk. Bring your device with you and your passcodes.

## Writing Workshop

**Tuesday, August 8**

**10:00 am**

Join Frances Altman for writing tips and to help you prepare your submission for the Silver Pen Writing Contest. Sign up in advance.

## Bingo

**Tuesday, August 8 & 15**

**12:30 pm**

Ann Knoerlein calls out the lucky numbers for afternoon Bingo with cash prizes; cost \$7.00. An Eating Together lunch will be served at Noon for \$2.50 donation. The menus are posted at the front desk.

## Mindful Eating

**Wednesday, August 9**

**10:45 am**

Are you a mindful or mindless eater? Learn tips and tricks to help you become more aware of how your environment influences what and how much you eat. This session is not about what to eat but how to eat. Sign up in advance.

## Card Making Workshop

**Friday, August 11**

**10:30 am-12:30 pm**

Students will make 3 cards to take home. Samples are available at the front desk. Advance registration required. Cost is \$12.

## Blood Pressure

**Friday, August 11**

**9:15 am**

Karen Kansler, RN takes your blood pressure.

## **Crab Feast at Columbus Gardens**

**Friday, August 11 from 5:30-9:00 pm**

**Tickets are \$42 per person**

The crab feast is open to guests so bring your family and friends - all ages welcome.

**On the Menu:** Fresh Salad Bar, *From the Pit:*

Choice Top Round of Beef, Virginia Baked Honey Ham, Cream of Crab Soup, Hot Buffet: Shrimp Creole with Rice, Kielbasa and Sauerkraut, Barbeque Chicken, Macaroni & Cheese, Corn on the Cob, Baked Ziti (Vegan), Assorted Breads, Cake, Soda, and Beer.

## Employment in the Later Years

**Monday, August 14**

**1:30 pm**

If you're 50-plus and have experienced a job loss, or you're just looking for employment "REIMAGINE AGING"! Meet Patti Madigan at Seven Oaks Senior Center and find out how to develop an ageless resume, market yourself and utilize resources-tools and social media to better market yourself in today's job search.

## **Fall Harvest Tickets On Sale**

**Monday, August 14.** See Page 1 for details.

## Grace & Frankie

**Tuesday, August 15**

**1:00 pm**

Join us for some binge watching of the hilarious Netflix comedy Grace & Frankie! Season 1, episodes 4-6. Sign up in advance.

## Health Care and Your Retirement

**Thursday, August 17**

**10:00 am**

Join John and Henita as they discuss the potential impact of rising health care costs on retirement savings. Includes an introduction of medicare coverage and costs, long-term care costs, available options for supplemental health care and long-term care insurance.

## **Friday Café - Join Us at 9:15 -10:15 am!**

New and current center members are invited to get to know one another by enjoying good conversation along with coffee and baked goods. Please wear a name tag!

## **Art Show**

**Friday, August 18**

**9 am – 12 pm**

See page 1 for details.

## **Children's Cinema: Beauty and the Beast**

**Friday, August 18**

**12:15 pm**



Bring the little ones for the re-make of this Disney classic starring Emma Watson. We'll serve ice cream sundaes before the movie which starts at 12:45 pm. All ages are welcome and it's open to the public. Rated PG. Free hot popcorn served. Sign up in advance.

## **Flea Market Tables On Sale**

**Friday, August 18**

See Page 1 for details.

## **Movie: Going in Style**

**Friday, August 25**

**12:45 pm**

Lifelong buddies Willie, Joe and Albert decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money. Rated PG-13. Hot popcorn and drinks served. An Eating Together lunch will be served at Noon for \$2.50 donation. **On the menu:** Orange Juice, Poppy Seed Chicken, Rice Pilaf, Stewed Tomatoes, Apricot Halves, Whole Grain Dinner Roll. Sign up for lunch by August 23 and sign up for the movie at the front desk.



## **Computer Troubleshooting**

**Monday, August 28**

**10:00 am**

Let Alvin Miller help you with your computer, laptop, smart phone or tablet issues. He can help with whatever is making you confused or frustrated! Sign up in advance.

## **Membership Meeting & Lunch**

**Monday, August 28**

**12:30 pm**

All members of Seven Oaks are asked to attend our bi-monthly Council meeting where members are asked to vote on proposed purchases, policy changes, etc. Refreshments served. A pizza lunch (2 slices of cheese or pepperoni) and a salad will be served at Noon for \$5. Purchase your lunch ticket in advance. Everyone that attends will be entered in a drawing for a \$50 gift card that we'll give away at the end of the meeting.

## **Meet Up & Step Out: TGI Friday's**

**Thursday, August 24**

**4:00 pm**

Meet up for happy hour at TGI Friday's near the White Marsh Mall. Hangout with your friends from Seven Oaks and enjoy happy hour specials. Sign up in advance.

## **Grace & Frankie**

**Tuesday, August 29**

**1:00 pm**

Join us for some binge watching of the hilarious Netflix comedy Grace & Frankie! Season 1, episodes 7-9. Sign up in advance.



Don't miss the final 4 episodes of Season 1 on Tuesday, September 12 at 1 pm.

# **Grandparents Day Concert at Angel Park**

**Sunday, September 10**

**3:00 pm**

## **Music by Snowday**

*High Energy A Cappella  
Entertainment for all Ages!*

**Sponsored By: Seven Oaks  
Senior Center & Presidio**



*Free & Open to the Community*  
Lawn chairs and blankets are welcome. Pets and alcohol are not permitted.

*Come a bit early and visit the  
balloon artist!*

**Angel Park - 9685 Honeygo Blvd  
Event is Weather Permitting.**



## Bingo Extravaganza – Monday, September 25

Come to Seven Oaks for a full day of bingo and fun! Tickets are \$15 in advance and includes 21 games and door prizes.

There will be 6 sheets per game card. The first game starts at 11 am however at 10:30 am we will have six early bird games for \$1 per card. We will take a lunch break and on the menu is lasagna by DeSantis, salad, cake and drinks. **Tickets go on sale Monday, August 7** and you must purchase your ticket by September 22 unless it sells out in advance. Open to the community ages 18 and over.



## Get Ready! Get Set! Get Fit! Join our Team! 5K Run/Walk



Save the date for BCDA's 5K Run/Walk which benefits programs for seniors as well as the fitness centers. It will be held on Sunday, September 17 at 8 am at the CCBC Essex Campus. Please consider joining our team!!! Even if you're unable to participate that day we still want you to be part of our team!

Entry fees are \$20 for seniors, \$35 for adults & \$20 for children. The first 200 that show up at the run will receive a swag bag. **There will be a grand prize**

**drawing of \$500 but you must be present to win.** You'll also receive a high quality performance long sleeve T-shirt and be entered in a drawing to win a 6 month fitness center membership to Seven Oaks. Pick up a registration form at the center or register online at [www.getreadygetsetgetfit5K.com](http://www.getreadygetsetgetfit5K.com). Drop the form off in the director's office. Sign up today!

## Get 25% off at Boscov's on October 17

Mark your calendar for some serious shopping on Tuesday, October 17! We'll be selling shopping passes at the front desk until the day of the event and they are valid for 25% off store wide. Please help support Seven Oaks by purchasing a shopping pass for \$5. Boscov's will have sales, prizes, food and more! Seven Oaks keeps the \$5 per shopping pass! Tell your friends, family and neighbors!



### Help With Your Tablet or Smart Phone

**Tuesdays & Thursdays  
in August from 10 am-2 pm**



If you haven't had the chance to meet with our student volunteer Alex this is your last chance before she goes back to school. Schedule your 1/2 hour appointment in advance at the front desk.

### Hand & Foot Canasta

Are you interested in learning to play Hand & Foot Canasta? If so sign up at the front desk and if there is enough interest then we will offer this card game in the fall.

### Save the Date! Discover the Power of Age Expo

REIMAGINE AGING!

Discover the Power of Age Expo, formerly the Baby Boomer and Senior Expo, on **Wednesday, October 4, from 9 a.m. to 6 p.m. and Thursday October 5, from 9 a.m. to 4 p.m.**, at the Maryland State Fairgrounds in Timonium. The Baltimore County Department of Aging's two-day extravaganza showcases the latest in information, resources, products and services to approximately 11,000 attendees. This is the regional event to discover ways to REIMAGINE AGING!

# Senior Center Staff & Executive Board



Center Director: Kathleen Young  
Assistant Director: Courtney Gonce  
Community Outreach Specialist: Jessica Pontown

President:	Nancy Bach
Vice President:	Jim Lightner
Treasurer:	Gene Laytar
1st Asst. Treasurer:	Carol Parks
2nd Asst. Treasurer:	Gale Griffin
Recording Secretary:	Edie Dietrich
Coresp. Secretary:	Donna Stachowski
Sgt. At Arms:	Ed Konig
Past President:	Preston Wollett
Members at Large:	Tom Hock & Walt Wujek

## Meeting Schedule

### **Executive Board Meeting:**

Monday, Aug. 21 @ 1:00 pm

### **Membership Meeting:**

Monday, August 28  
@ 12:30 pm

A pizza and salad lunch will be served at noon for \$5 in advance.

*Win a \$50 restaurant gift just by attending the meeting.*

*The Seven Oaks Executive Board are center members who are elected by the center council/membership to hold office and make decisions on behalf of the membership. The center council and executive board work to assist staff in accomplishing the center's mission.*

## **Seven Oaks Mission**

The purpose and mission of Seven Oaks Senior Center is to provide a progressive and safe environment where seniors can find the opportunity to maintain healthy, active living. Services and assistance are available to the Perry Hall, White Marsh & surrounding communities, meeting the needs of the senior individual and their family.

## **BCDA Mission**

The Baltimore County Department of Aging strengthens lives by providing services, programs and connections to resources.

*It is the policy of the Baltimore County Department of Aging that all people who attend classes or programs at the senior center must register as a member each year.*

*Minutes from the board and council meetings are posted on the bulletin board in the MPR and also available online at [SevenOaksSeniors.org](http://SevenOaksSeniors.org). The financial report is posted in the MPR.*

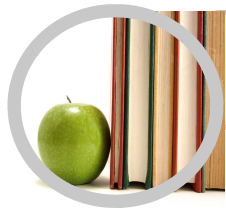
## **Center Membership and Registration**

Senior Center membership is free and granted to Baltimore County residents 60 years of age and older and their spouse (spouse can be under 60 years of age). Non-county residents are also eligible to register as members of the center. Members must be able to function in the center without one-on-one assistance from staff and be able to move independently (with or without assistive devices) within the center. Individuals participating in more than one center must register at each center independently. See staff for a full list of rules of participation.

## **Bi-Monthly Council/Membership Meetings**

If you're a member of Seven Oaks then you're a member of the Council! Every other month we hold a membership meeting to discuss the business of the center and vote on financial matters. A lunch is served at noon and the meeting starts at 12:30 p.m. Members are highly encouraged to attend these meetings and to help shape the future of the center and we give away a \$50 gift card at each meeting! Have an idea or suggestion?

**Please use the suggestion box located behind the front desk.**



# Schedule of Classes



**Fall Class Registration Begins Tuesday, September 5.**

<b>START</b>	<b>END TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>	<b>FEE</b>
<b><u>Monday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:30 am	11:30 am	Craft Projects	Hepding & Shorey, Vol.	Craft Room	
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo,	Vol MPR	
10:00 am	12:00 pm	Tablet/Smart Phone Help	David Yoon, Vol	Game Room	
10:30 am	12:15 pm	Spanish Continuing	Ron Browning, CCBC	Classroom	\$
10:30 am	11:30 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:45 am	12:45 am	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
11:45 am	1:15 pm	Projects for Charity	Sue Morocco, Vol	Craft Room	
12:30 pm	3:30 pm	Jokers Wild /Chess	Volunteers	Classroom	
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
1:30 pm	3:30 pm	Watercolor Techniques	Dottie Bishop, IC	Craft Room	\$
2:15 pm	3:15 pm	Zumba Gold	Loretta Witomski, IC	MPR-extension	\$
<b><u>Tuesday</u></b>					
8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR extension	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	11:30 am	Ladies Social Poker (1st & 3rd week)		Game Room	
9:15 am	11:15 am	Knitting & Crocheting	Volunteers	Craft Room	
10:00 am	11:00 am	Int. Line Dance	Trudy Knight, IC	MPR	\$
11:00 am	12:00 pm	Senior Rhythms	Audrey Doemling, Vol	MPR	
11:30 am	2:30 pm	Indoor Pickle Ball	Volunteers	PHMS	
11:30 am	1:30 pm	Sewing Your Own Project	Sue Morocco	Craft Room	\$
12:00 pm	3:00 pm	Men's Social Poker	John Tolliver, Vol.	Class Room	
12:30 pm	3:30 pm	Bingo 1st & 3rd week	Ann Knoerlein, Vol.	MPR	\$
<b><u>Wednesday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
8:45 am	9:45 am	Enhance Fitness	Carole Gittings, CT	MPR-extension	\$
9:00 am	11:45 am	Bridge	Volunteers	Classroom	
9:00 am	12:00 pm	Ladies Pinochle	Volunteers	Game Room	
9:50 am	10:50 am	Int. Line Dance	Joanne Alleva, Vol.	MPR	\$
9:45 am	11:30 am	TOPS (Weight Loss)	Mary Geiger, Vol.	Craft Room	\$
11:00 am	12:00 am	ZUMBA Gold-Toning	Kim Privett, IC	MPR	\$
11:30 am	2:30 pm	Indoor Pickle Ball	Volunteers	PHMS	
12:00 pm	3:00 pm	Mah Jongg	Thelma Neifeld, Vol.	Classroom	
12:00 pm	1:00 pm	Beg Line Dance	Mary Thau, IC	MPR	\$
1:30 pm	3:30 pm	Acrylic Painting	Dottie Bishop, IC	Game Room	\$
12:30 pm	3:30 pm	Mexican Train	Volunteers	Classroom	
2:30 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

START	END TIME	CLASS	INSTRUCTOR	LOCATION	FEE
<b><u>Thursday</u></b>					
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:00 am	Enhance Fitness	Carole Gittings, CT	MPR extension	\$
9:30 am	12:30 pm	Pinochle	Tom & Sylvia Sordillo, Vol	MPR	
10:00 am	12:00 pm	Bridge	Volunteers	Class Room	
10:00 am	12:00 pm	Quilting	Lorraine Wagner, Vol.	Craft Room	
10:50 am	11:40 am	Senior Rhythms	Audrey Doemling, Vol	MPR-extension	
11:30 am	2:30 pm	Indoor Pickle Ball	Volunteers	PHMS	
11:45pm	12:45 pm	Core N' More	Gary Lentz - Be Fit	MPR extension	\$
12:00 pm	3:30 pm	Canasta	Volunteer	Craft Room	
12:00 pm	3:00 pm	Men's Social Poker	Volunteers	Class Room	
1:00 pm	1:45 pm	DrumFit	Gary Lentz - Be Fit	MPR extension	\$
12:30 pm	3:30 pm	Mexican Train	Volunteers	Game Room	
2:00 pm	3:15 pm	Yoga	Jana Long, CCBC	MPR-extension	\$

### **Friday**

8:30 am	9:15 am	Strength Training	Karen Kansler, IC	MPR	\$
8:30 am	3:30 pm	Fitness Center	Monitor	Fitness Center	\$
9:00 am	10:30 am	Woodcarving	Ed Konig, Volunteer	Craft Room	
9:15 am	10:15 am	Friday Café	Hazel Ashworth, Vol	MPR	
9:30 am	11:00 am	Tai Chi	Tod & Lisa Waterman IC	MPR extension	\$
10:00 am	12:00 pm	Scrabble and Other Games		Craft Room	
10:30 am	12:00 pm	Vocal Group	Henry King, Vol.	MPR extension	
11:30 am	2:30 pm	Indoor Pickle Ball	Volunteers	PHMS	
12:00 pm	3:00 pm	Intermediate Pinochle	Volunteers	Game Room	
1:00 pm	3:00 pm	Stained Glass	Volunteers	Craft Room	
2:15 pm	3:45 pm	Table Tennis	Free Play	MPR extension	

### **Sunday**

1:00 pm	2:30 pm	Outdoor Walking	Volunteers	Gough Park	
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*(Look for the member with the lime green arm band/ scarf)*

### **Please Note...**

- ♦ If you see a \$ symbol, there is a fee associated with that particular class. Generally, fee-based classes run on 10-week semester system with fees that vary depending on the specific class.
- ♦ The Baltimore County Department of Aging recommends that you check with your physician before participating in any physically demanding activity.
- ♦ See the Quarterly Course Guide for further details on class descriptions, dates and fees.

### **Class Registration Information**

Download the current class course guide at  
[www.SevenOaksSeniors.org](http://www.SevenOaksSeniors.org) or pick up a copy at the center.

**Fall class registration begins Tuesday, September 5 at  
8:30 am. Most classes begin the week of October 2.**

Drawing & Tap Dance will resume in the fall.

**Pickle Ball** is played at Perry Hall Middle School Tuesday-Friday  
at 11:30 am and outdoors at PHMS on Saturdays  
from 10 am—2 pm.





## \$1,000 College Scholarship Available

The Seven Oaks Senior Center is offering a \$1,000 college scholarship to a grandchild of a Seven Oaks Senior Center member who is an incoming college freshman. Application deadline is August 25, 2017. **The following is required for scholarship consideration:**

- ♦ Completed application (pick up at the Center or online at <http://www.sevenoaksseniors.org/scholarship-application.html>)
- ♦ GPA of at least 2.5 (attach report card)
- ♦ One page typed essay about a lesson learned from a grandparent or another older adult
- ♦ List of academic and/or non-academic awards/ achievements
- ♦ List of extra-curricular involvement with a description
- ♦ 2 letters of recommendation from teachers, advisors, employers, etc.

Please submit all of the above in one completed package to: Seven Oaks Senior Center 9210 Seven Courts Dr. Baltimore MD 21236 Attn: College Scholarship

All applications will be reviewed and judged based on the above criteria. The selected recipient will be notified by August 30, 2017. If you have questions please contact Kathleen Young, 410-887-5192 or [kyoung@baltimorecountymd.gov](mailto:kyoung@baltimorecountymd.gov)

## Fitness Center



Improve your physique and enhance your overall well-being at our state-of-the-art fitness center. Great low cost of \$100 per year can't be beat. The fitness center also provides free blood pressure screenings to all center members.

Receive a personalized exercise program that addresses your fitness needs for an added fee with a certified personal trainer. Personal training packages range from \$25 to \$130; see personal training pamphlet for more information. Free

fitness equipment orientations are available to fitness members each month. \*Please note the fitness centers will be closed if there is no monitor available to supervise the room.

**GET YOUR BLOOD PRESSURE TAKEN FOR FREE!**

**Fitness Center Hours: Monday-Friday 8:30 a.m. - 3:30 p.m.**

Cost: \$50.00 for 6 months or \$100 for one full year

Stop in to pick up your application! Individuals must be a current senior center member and receive medical clearance in order to participate. All paperwork should be turned into the office.

**The next new member orientation for the fitness center:**

Wednesday, August 23 at 11:15 am

**The next fitness monitor training/refreshers class: Wed, October 11, 2017 at 1 pm.** See Shirley or Kathleen if you're interested in becoming a volunteer fitness monitor.

## Dine With Us!



Are you tired of eating at home alone? Come and dine with us! A catered lunch is occasionally offered at the center. Individuals interested in attending the meal must **sign up at the front desk at least 48 hours in advance** and 4-5 days in advance if a deli, box or super special lunch is offered. A minimum of 10 participants is required in order for the center to have the lunch. Stop by the front desk to pick up a menu. Cost: Please contribute as much as you can towards the \$4.29 cost of each meal (super special meals \$5.69). If you cannot contribute the full amount, a voluntary minimum contribution of at least \$2.50 is recommended to keep this program strong. \*Notice: When the center is hosting a special event with food included, the catered meal will be canceled.



## Chinese Auction - Donations Wanted

Donations are requested for our Chinese Auction which will be held on Friday, October 20. Please bring in a new or nearly new un-wrapped item that can be auctioned off at our event. Drop off donations in the Director's Office. We will be serving an authentic Chinese lunch with your choice of General Tso's chicken with broccoli or shrimp and mixed veggies. Both are served with brown rice, a spring roll, won ton soup, and ice cream. Sangria will also be served. Following lunch our Master of Ceremonies, Chad, will auction off pre-wrapped items at bargain prices! Tickets for the luncheon go on sale Monday, September 11 and tickets are \$10 in advance.

## Writing Workshop & Writing Contest

The 2017 Silver Pen Creative Writing Contest will once again be held and the theme is Reimagine Aging, which is also our BCDA 2017 initiative. Join us in challenging the stereotypes of growing older and celebrating our later years! Writers are encouraged to craft an essay or poem (fiction or non-fiction) which explores the challenges, joys, and life experiences of older adults. The deadline is September 1st. All essays must be submitted electronically at [seniordigest@baltimorecountymd.gov](mailto:seniordigest@baltimorecountymd.gov) and please note "Silver Pen Writing Contest" in the subject line. Stop by the center's library and pick up a flier that includes the rules, essay guidelines and prizes. On Tuesday, August 8 at 10 am, Seven Oaks will be hosting a Writing Workshop to help writers prepare their submissions. The workshop will provide thought provoking insights into writing style and how to develop a masterpiece.

## Flu Shots - Friday, September 8

Seven Oaks Senior Center in partnership with Maxim Healthcare Services, will offer flu shots on Friday, September 8 from 1-3 pm. Flu Shots: High dose (FluAD), Low dose (Quadrivalent) and pneumonia vaccines will be available. You must show your **Medicare B or health insurance card and picture identification** to receive a shot. Medicare Part B: Free flu shots and free pneumonia shots. The cost to all others: \$35 low dose(Quadrivalent) flu shots, \$80 high dose (FluAD) flu shots and \$95 pneumonia shots, cash or checks made payable to Maxim Healthcare Services. These clinics are open to anyone **over the age of four years**.

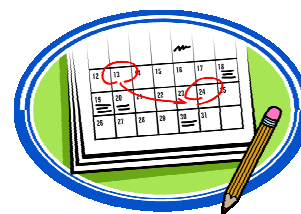


### Did you know Seven Oaks has Wi-Fi & iPads Available for Use?

You can bring your mobile devices to the center and access the internet to surf the web, check your e-mail, play games and much more! Ask the front desk for the secure password. We also have two Apple iPads available for your use in the lobby.

## Coming Up Next Month...

- ♦ Flu Shots - Friday, September 8
- ♦ Grandparent's Day Concert with Snowday at Angel Park—Sun. Sept. 10 at 3 pm
- ♦ Sunflower Cupcakes - Monday, September 11 at 1 pm
- ♦ Fall Harvest with Neil Diamond Review Show - Friday, Sept. 15
- ♦ BCDA's Run/Walk at CCBC Essex - Sun, Sept. 17
- ♦ Indoor Flea Market - Saturday, September 23
- ♦ Bingo Extravaganza - Monday, Sept. 25
- ♦ Movie: Heaven is for Real - Friday, September 29





# Travel Opportunities

Come along for the ride!

Travel Cell Phone: 443-608-0613

This cell phone will also be brought on trips.  
Save this number in your contacts and if you need to reach the hostess during a trip call this number.



## 2017 Day And Overnight Trips

- ♦ **Bi-Monthly Delaware Park Trips**—Wednesdays 9/13, 11/15 (please note the new dates). \$25 with \$30 casino rebate. Bus departs at 9:30 a.m at Weis and boards at 3:45 pm. *Sign up no earlier than the day after the prior trip. Delaware Park Trip Reminders: When signing up for the trip please fill out the chart with your DOB and player card number. On the day of the trip bring your player card and photo id.*
- ♦ **Odyssey DC Monument Cruise & Lunch on the Potomac** - Wed, Aug 16. **WAIT LIST**
- ♦ **Rainbow Comedy Theatre: Sex Please, We're 60!** Thurs, Sept. 7. Cost \$75. **WAIT LIST**
- ♦ **Suicide Bridge Crab Feast & Paddlewheel Cruise on Choptank** - Wed, Sept. 27. **WAIT LIST**
- ♦ **Autumn Glory Train Rides** - Wed, Oct. 11-Thurs, Oct. 12. Cost \$275 dbl, \$325 single. Ride Potomac Eagle and Western MD Scenic Railway. Includes 1 dinner, 1 breakfast, 1 lunch and lodging at Best Western Braddock Hgts.
- ♦ **Hillwood Estate Museum & Garden Tour** - Wed, Nov. 1. Cost \$75. Tour the home of the Merriweather Post family. Lunch included.
- ♦ **Pennsylvania Christmas & Gift Show** - Wed, Nov. 29. Cost \$35. Over 750 vendor booths!
- ♦ **American Music Theatre: Home for the Holidays & Lunch at Shady Maple** - Wed, Dec. 6. Cost \$90. Beautiful Christmas show with lots of music and dancing. **SECOND BUS ADDED!**



**Save the date for our 2018 Travel Fair! Friday, November 17**

For up to date information about how many seats are left on a trip or if a trip is filled please check out the travel bulletin board by the front door.

## Travel Information

- ♦ Trips are open to the public 18 years and older. All travelers over 60 years must be a member or register to be a member to travel with us. The first two weeks that a trip is advertised is reserved for center members to sign up.
- ♦ Request for special ADA accommodations must be made when you sign up for a trip.
- ♦ All checks must be made out to Seven Oaks Senior Center Council. One check per trip.
- ♦ Travelers will only receive a refund if a replacement can be found.
- ♦ A liability waiver must be signed by each traveler for each trip.
- ♦ All trips depart from the Weis Shopping Center on Joppa Rd., unless otherwise noted.

## Mark Your Calendar

- ♦ Singles Dance with Bruch Thomas - Friday, October 13
- ♦ Chinese Auction - Friday, October 20
- ♦ Halloween Party - Tuesday, October 31
- ♦ Line Dance Party - Friday, November 3
- ♦ Veteran's Lunch - Tuesday, November 7
- ♦ Holiday Party at Columbus Gardens - Thursday, December 14



Seven Oaks Senior Center Council is a non-profit 501(c)(3) organization.  
All contributions to the center are tax deductible.